

Full Report (All Nutrients) 12536, Seeds, sunflower seed kernels from shell, dry roasted, with salt added

Report Date:September 21, 2015 15:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3****Refuse:46% Refuse Description: Hulls**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	1 oz 28.35g	1 package (1.875 oz) yields 27g
Proximates							
Water	g	1.20	1	--	1.54	0.34	0.32
Energy	kcal	546	--	--	699	155	147
Energy	kJ	2285	--	--	2925	648	617
Protein	g	19.33	1	--	24.74	5.48	5.22
Total lipid (fat)	g	49.80	1	--	63.74	14.12	13.45
Ash	g	14.36	--	--	18.38	4.07	3.88
Carbohydrate, by difference	g	15.31	--	--	19.60	4.34	4.13
Fiber, total dietary	g	9.0	--	--	11.5	2.6	2.4
Sugars, total	g	2.73	--	--	3.49	0.77	0.74
Sucrose ³	g	2.70	3	0.346	3.46	0.77	0.73
Glucose (dextrose) ³	g	0.03	3	0.033	0.04	0.01	0.01
Fructose	g	0.00	--	--	0.00	0.00	0.00
Lactose	g	0.00	--	--	0.00	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00	0.00
Minerals							
Calcium, Ca	mg	70	1	--	90	20	19
Iron, Fe	mg	3.80	1	--	4.86	1.08	1.03
Magnesium, Mg	mg	129	--	--	165	37	35
Phosphorus, P	mg	1155	--	--	1478	327	312
Potassium, K	mg	850	1	--	1088	241	230

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	1 oz 28.35g	1 package (1.875 oz) yields 27g
Sodium, Na ^a	mg	6008	--	--	7690	1703	1622
Zinc, Zn	mg	5.29	--	--	6.77	1.50	1.43
Copper, Cu	mg	1.830	--	--	2.342	0.519	0.494
Manganese, Mn	mg	2.110	--	--	2.701	0.598	0.570
Selenium, Se	µg	79.3	--	--	101.5	22.5	21.4
Vitamins							
Vitamin C, total ascorbic acid	mg	1.4	--	--	1.8	0.4	0.4
Thiamin	mg	0.106	1	--	0.136	0.030	0.029
Riboflavin	mg	0.246	1	--	0.315	0.070	0.066
Niacin	mg	7.042	1	--	9.014	1.996	1.901
Pantothenic acid	mg	7.042	--	--	9.014	1.996	1.901
Vitamin B-6	mg	0.804	--	--	1.029	0.228	0.217
Folate, total	µg	237	--	--	303	67	64
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	237	--	--	303	67	64
Folate, DFE	µg	237	--	--	303	67	64
Choline, total	mg	55.1	--	--	70.5	15.6	14.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	5	--	--	6	1	1
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	9	--	--	12	3	2
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) ^{1 2}	mg	26.10	4	4.832	33.41	7.40	7.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta ^{1 2}	mg	1.19	4	0.068	1.52	0.34	0.32
Tocopherol, gamma ^{1 2}	mg	0.00	4	0.000	0.00	0.00	0.00
Tocopherol, delta ^{1 2}	mg	0.24	4	0.240	0.31	0.07	0.06
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	1 oz 28.35g	1 package (1.875 oz) yields 27g
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	2.7	--	--	3.5	0.8	0.7
Lipids							
Fatty acids, total saturated	g	5.219	--	--	6.680	1.480	1.409
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.051	--	--	0.065	0.014	0.014
16:0	g	2.808	--	--	3.594	0.796	0.758
18:0	g	2.212	--	--	2.831	0.627	0.597
Fatty acids, total monounsaturated	g	9.505	--	--	12.166	2.695	2.566
16:1 undifferentiated	g	0.049	--	--	0.063	0.014	0.013
18:1 undifferentiated	g	9.399	--	--	12.031	2.665	2.538
20:1	g	0.048	--	--	0.061	0.014	0.013
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	32.884	--	--	42.092	9.323	8.879
18:2 undifferentiated	g	32.782	--	--	41.961	9.294	8.851
18:3 undifferentiated	g	0.069	--	--	0.088	0.020	0.019
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.295	--	--	0.378	0.084	0.080
Threonine	g	0.788	--	--	1.009	0.223	0.213
Isoleucine	g	0.967	--	--	1.238	0.274	0.261
Leucine	g	1.408	--	--	1.802	0.399	0.380
Lysine	g	0.795	--	--	1.018	0.225	0.215
Methionine	g	0.420	--	--	0.538	0.119	0.113

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	1 oz 28.35g	1 package (1.875 oz) yields 27g
Cystine	g	0.383	--	--	0.490	0.109	0.103
Phenylalanine	g	0.992	--	--	1.270	0.281	0.268
Tyrosine	g	0.565	--	--	0.723	0.160	0.153
Valine	g	1.116	--	--	1.428	0.316	0.301
Arginine	g	2.039	--	--	2.610	0.578	0.551
Histidine	g	0.536	--	--	0.686	0.152	0.145
Alanine	g	0.948	--	--	1.213	0.269	0.256
Aspartic acid	g	2.076	--	--	2.657	0.589	0.561
Glutamic acid	g	4.735	--	--	6.061	1.342	1.278
Glycine	g	1.240	--	--	1.587	0.352	0.335
Proline	g	1.003	--	--	1.284	0.284	0.271
Serine	g	0.912	--	--	1.167	0.259	0.246
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

²National Sunflower Association National Sunflower Association Analysis of Vitamin E in Dry Roasted and Oil Roasted Sunflower Seeds, 2003 Bismarck ND

³Nutrient Data Laboratory, ARS, USDA Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared, 1985 Beltsville MD

Footnotes

^a Sodium includes salt on shells. Sodium from kernels only is 372 mg/100 g.